



Kiwanis Club of Brantford Newsletter 25-September-2025

1 message

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**A WEEKLY NEWSLETTER from and about
THE KIWANIS CLUB OF BRANTFORD**

Meeting at the Best Western Brantford Hotel & Conference Centre:
Every Thursday at 12:00 noon

Current Membership – 42



E.C. & C. District
Governor
Pamela Rodney White
KC of Constant Spring

Governor Elect
Cynthina Blackman
KC of Pride of Barbados

Immediate Past Governor
John Chave
KC of Barrie

Secretary/Treasurer
Jim Steele

PROGRAM FOR SEPTEMBER 25, 2025

The Membership will gather to congratulate President Nancy Thompson on a successful year and wish her well in her new role as Past President.

HEAD TABLE

President Nancy Thompson, Funmaster Joanne Murray,

UPCOMING MEETINGS

Thursday, October 2 – Induction of 2025–26 Executive and Board as well as remarks by new President Maureen Henry

KC of Brantford

Thursday, October 9 – A Thanksgiving Celebration

Division Lt. Governor

Angel Vieth

KC of Kitchener–Waterloo

UPCOMING SOCIAL EVENTS

None

Club Officers

President

Nancy Thompson

KIWANIS CONVENTIONS

Eastern Canada & Caribbean District Convention – Toronto
Ontario, April 30 – May 2, 2026

Past President

Alfred Hauk

Kiwanis International Convention – Manila, Philippines, from
June 25–27 2026

President–Elect

Maureen Henry

BIRTHDAYS

Treasurer

Jim Steele

Linda Moyer – Birthday – September 22

Stuart Parkinson – Birthday – September 30

Secretary

Dave Lewis

ANNIVERSARIES OF DATE JOINED

Ross Pope – Joined our Club – September 30, 1994

Club Directors

2 Year Term

Ross Pope

Karen Adams

Joanne Murray

1 Year Term

Randy MacKenzie

Leo Vos

Bob Wade

EDUCATIONAL SPOT

Kiwanis became international with the organization of the Kiwanis Club of Hamilton in Ontario, Canada, in November 1916. However, the organization's official name, "Kiwanis Club," was not changed to "Kiwanis International" until the Constitutional Convention in Denver in 1924.

THOUGHT FOR THE WEEK

Never underestimate the power of a kind word, an unexpected act of generosity, a courageous deed.

To view the highlights of last week' s **two**

meetings, please page down.

Last Week's Meeting Highlights



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Highlights of the Thursday, 18 September, 2025 Weekly Meeting

President Nancy welcomed everyone to the Kiwanis Club of Brantford meeting for Tuesday September 18, 2025. She welcomed all members and our Guest Speaker Judy Maidment, who will be more formally introduced after the dinner.



President Nancy called Graham Schram to present the 50/50 Draw with Randy MacKenzie, Nelson McClinchey, Faye Prince and Dave Lewis all holding potential winning tickets. Unfortunately, even with four members picking cards, no one was able to find the “Joker”.

President Nancy called Faye Prince as the Funmaster. Faye said her objective with today’s presentation was to put a ready smile on our faces and a joyful rhythm to our hearts. Faye had selected a video called “Walk of Life” with a background audio by the Group Dire Straits. To see this video [Click here and watch for this fellow](#). When the video finished everyone was smiling and bouncing in the seats.



Faye then helped us celebrate; Linda Moyer – Birthday – September 22: Stuart Parkinson – Birthday – September 30 and Ross Pope – Joined our Club – September 30, 1994.

Faye then moved on to Happy Stories that were celebrated by: Linda Moyer - re the Grand Parade 20-Sept-2025; Leo Vos – Scott Gowling - Aktion Club won local golf championship and is moving on to Provincial; Bob Saunders – Zoom Bridge Buddies are meeting in person at Bob’s House next Monday.

President Nancy thanked Faye for the presentation and said she was surprised that we didn’t have several members up and dancing around the room.

President Nancy called Linda Moyer with her, “stool” to the podium to introduce our Guest Speaker Judy Maidment from the “Brant Food for Thought”.

Linda Moyer gave us the following background information saying that, Judy Maidment is the Program Director for **Brant Food for Thought**, a leading organization delivering universal student nutrition programs across Brantford and the County of Brant.



Over the past 18 years, Judy has been instrumental in growing the reach and impact of Brant Food For Thought. The organization now supports 63 student nutrition programs-up from 42- and serves more than 12,300 children and youth each week, nearly triple the number from when she began.

Judy continues to work closely with schools, volunteers, and community partners to ensure every student has the nourishment they need to succeed. Through her leadership, **Brant Food for Thought** proudly carries out its mission of “Feeding Student Success”-because no child should have to learn on an empty stomach.

Linda Moyer asked Judy Maidment to come to the Podium.

Judy Maidment thanked the Club for inviting her to speak to day and that she appreciated the fact that she found she recognized so many faces.

She started her program by using an opening slide saying that the Brantford Food for Thought was given focus by, “A Call for Action on School Nutrition Programs” to Addressing Food Insecurity in Brantford. Their objective became, “Supporting Equitable Access to Nutritious Food for Children and Youth”

Judy related details to the “**Crisis of Food Insecurity**” with the following:

- Food insecurity is a growing issue in Brantford, affecting a significant portion of children and youth
- 10.9% of youth (0-17 years) are living at or below low-income measure (Brant Census Division, Brant’s Vital Signs 2024)
- 17.7% of Brant households experienced food insecurity in 2023
- That’s 1 in 6 Brantford area households



Impact of Poor Nutrition on Children & Youth



- Food insecurity and lack of nutritious foods impacts the physical, emotional and academic development of children and youth
- 22.1% of young children are vulnerable in physical health & well-being (Brant Vital Signs 2024)
- Increased absenteeism and behavioral issues in school

Judy said, **What Educators Are Witnessing**

- Increased signs of food insecurity
- Increased demand, more students accessing, and no waste
- Tighter food budgets affecting the quantity and quality of nutritious foods being offered
- Lack of volunteer capacity to prep whole foods vs. prepackaged foods, which cost more
- Increased absenteeism due to food insecurity

Judy cited a testimonial from an Elementary Teacher stating,

“The nutrition program is pivotal to student ability and engagement. Many students depend on it and are more successful in class when they are no longer hungry. The need is such that I have seen students sneak home food for family members, so this is a very relevant program in a needy, trauma-informed community”.

Judy high-lighted the, “State of Canadian Children’s Nutrition”

- Only **1/3 of children (ages 4-13)** eat five or more servings of vegetables and fruit daily.
- **1/4 of children's calorie intake** comes from foods not recommended in Canada's Food Guide, which impacts health outcomes.
- **1/3 of elementary students** and **2/3 of secondary students** do not eat a nutritious breakfast before school, which affects focus and academic performance.
- At least **1/3 of school-aged children** in Canada report eating neither vegetables nor fruits at least once daily (*Canadian Research: Coalition For Healthy School Food*)
- **77.9% of Brant youth** (12-19 years) consume less than 5 servings of fruit and vegetables per day (*Grand Erie Public Health report*)



Why Healthy School Food Matters

- Healthy school food can reduce the risk of cardiovascular diseases, Type 2 diabetes, stroke, and certain cancers by increasing intake of vegetables, fruits, whole grains, and essential nutrients.
- Studies show that students participating in school food programs report:
 - Higher intakes of fruits and vegetables
 - Lower intakes of non-nutritious foods like sugary beverages and snacks
 - Increased intake of fiber and micronutrients, and lower levels of saturated fats, sodium, and added sugars.
- Nutrition programs contribute to better academic performance, improved memory, and better focus in school.



Judy stated that, “Funding for Universal Student Nutrition Programs”

- Federal 25.9%
- Provincial 45.0%
- Municipal 6.9%
- Fundraising & Donations 22.4%

The Role of Universal Student Nutrition Programs in our schools

- A lifeline for children and youth facing food insecurity
- Level the playing field by providing consistent access to nutritious meals and snacks

- Help students succeed physically, emotionally and academically
- Support equity by ensuring every child has access to healthy food.

Why This Matters for Brantford

- Expanding school nutrition programs will strengthen Brantford as a community that values equity, health and opportunity for all.
- Healthy children and youth are our future workforce, leaders and contributors to the city's success.
- Investing in nutrition benefits the entire community.

Conclusion: A Call to Action

- Commitment to the future ensures that all children and youth in Brantford can have an equal chance at success.



Together, We Can Feed Student Success

Support – Consider sponsorship or donations that directly fund nutritious food for our students in Brantford & the County of Brant.

Volunteer – Get involved in schools or at fundraising events.

Advocate – Help us raise awareness about the importance of food security and equitable access to nutritious food.



Judy Maidment thanked the Kiwanis Club for the opportunity to speak on this crucial issue and answered a number of questions to finish her presentation.

Leo Vos gave our official thanks to Judy Mainment, saying that in recognition of her presentation we have made a donation to a Charity we like to support. That charity is the Lansdowne Children's Centre Foundation.

President Nancy, thanked all members and our guest speaker for joining us today.

Final Thought for the day: "People wait all day for 5pm. All week for Friday. All summer for winter. All winter for summer and all of life for happiness. Don't let the pursuit of tomorrow diminish the joy of today."

President Nancy asked If there was anything else for the good of Kiwanis, seeing none, she adjourned the meeting with the ringing of the Bell.

Following are candid pictures from this meeting



Highlights of the Tuesday, 16 September, 2025 Weekly Meeting

President Nancy welcomed everyone to the Kiwanis Club of Brantford meeting for Tuesday Sep 16, 2025. She welcomed all of our Guests and had a very warm welcome for our speaker Jennifer Stebbing. Jennifer will be more formally introduced after the dinner.



President Nancy called Bob Saunders as the Funmaster. Bob greeted everyone and pulled a few short humorous stories out of his bag of tricks.



He had one tale about a smart old stray dog in the jungle who out-wits a monkey and a lion.

He then pulled out some sage advice about marriage. "Don't ask your wife when dinner will be ready while she's mowing the lawn."

Bob finished with, "Last year I joined a support group for procrastinators. We haven't met yet."

President Nancy thanked Bob for his uplifting remarks and called for announcements or committee reports.

Next up, was Maureen Henry introducing our Guest Speaker Jennifer Stebbing of Stebbing Butcher PC. Jennifer's topic for today was for us to learn how consent and capacity are crucial for respecting an older adult's rights and ensuring they are able to make their own decisions related to where they live, health treatments, and finances.



Jennifer Stebbing was greeted with a warm round of applause and thanked us for having her back again to talk about, **Consent and Capacity in Elder Law**. She opened her presentation with the support of her PowerPoint presentation and a disclaimer that: this is not legal advice and is intended as a general presentation and may not apply in all circumstances; there is no confidentiality and the purpose of the session is to empower you to understand and protect your rights

Jennifer went on to explain what is: **Consent**.

With each of the images shown below, Jennifer offered factual samples for each item supported by evidence from real life experience.

Examples of Consent

- ▶ Medical treatments
- ▶ Where you stay (home, LTC...)
- ▶ Who you see
- ▶ Sharing personal information
 - ▶ Who can attend your doctor appointments
 - ▶ Who can ask you doctor questions
 - ▶ Who can attend your bank with you
 - ▶ Who can access your financial information
- ▶ Entering into legal agreements
 - ▶ Lease
 - ▶ Mortgage
 - ▶ Powers of attorney

What Is Capacity?

Capacity and Ontario Law



The ability to understand information and appreciate consequences



Decision-specific and can change over time



Governed by the *Health Care Consent Act* and *Substitute Decisions Act*



Assumed to have capacity unless proven otherwise

Capacity and Health Care Decisions

You have the right to accept or refuse treatment

Capacity is assessed by a doctor/health practitioner/capacity assessor

How is Capacity Assessed

- ▶ Legally with a capacity assessment by a capacity assessor
 - ▶ They have a meeting with you (at least one) and ask you questions
 - ▶ They check with family/friends to see if your answers are correct
- ▶ You have the right to refuse a capacity assessment
- ▶ It is not a MMSE or MOCA test
- ▶ It can be point in time and task specific
- ▶ Can also be more informal (i.e. LTC, lawyer, G.P.)

Are there Different Kinds of Capacity

- ▶ Yes, here are the most common:
 - ▶ Make a Will
 - ▶ Make a Power of Attorney for Property
 - ▶ Make a Power of Attorney for Personal Care
 - ▶ Instruct a Lawyer
 - ▶ Make financial decisions
 - ▶ Make personal care decisions (decision and time specific)
 - ▶ Get married
 - ▶ Decide to go into Long Term Care

What Happens If You are Found Not Capable?

A Substitute Decision-Maker (SDM) steps in

You can appeal the finding to the *Consent and Capacity Board*

Who Can Be a Substitute Decision-Maker (SDM)?

Power of Attorney (Property/Personal Care)

Statutory (Health)

Public Guardian and Trustee

Court Appointed Guardian

Planning Ahead



POA FOR **PERSONAL CARE**



POA FOR **PROPERTY AND FINANCES**



CHOOSE SOMEONE WHO KNOWS YOUR VALUES

What You Can Do Now



Create or review your POAs



Talk to your family and advisors



Know your rights and ask questions

Jennifer ended her presentation and answered a number of questions from the Members.



Jennifer Stebbing, Partner at Stebbing Butcher PC Certified Specialist in Estates and Trusts by the Law Society of Ontario

B.A. (Hons), LL.B., J.D., CPCA, LL.M. (Tax), EPC, TEP

Phil Hoekstra presented our official thanks for Jennifer Stebbing's presentation which was echoed by the members and Guests.

President Nancy, thanked all members and the many guests for joining us today.

Final Thought for the day: "This world needs more kindness, more smiles, and more people who lift others up. So be the reason someone feels seen, heard and loved today."

President Nancy asked If there was anything else for the good of Kiwanis, seeing none, she adjourned the meeting with the ringing of the Bell.

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